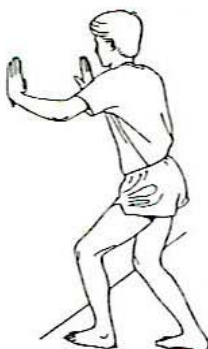


ANKLE / FOOT - 13
Soleus Stretch

Stand with both knees bent and involved foot back. Keeping heel on floor and turned slightly outward, gently lean into wall until stretch is felt in lower calf. Hold 30 seconds.

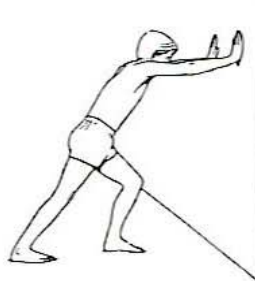
Repeat 4 times.
Do 2 sessions per day.



ANKLE / FOOT - 14
Gastroc Stretch

Stand with involved foot back, and leg straight. Keeping heel on floor and turned slightly outward, gently lean into wall until stretch is felt in calf. Hold 30 seconds.

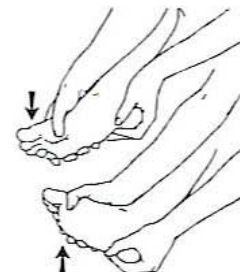
Repeat 4 times.
Do 2 sessions per day.



ANKLE / FOOT - 32
PROM: Ankle Plantar/Dorsiflexion

Gently grasp foot and bend ankle and foot up and down. Hold 30 seconds.

Repeat 4 times.
Do 2 sessions per day.



ANKLE / FOOT - 33
PROM: Ankle Inversion/Eversion

Gently grasp foot and bend ankle and foot inward and outward.

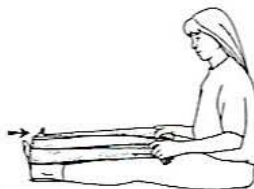
Hold 30 seconds.
Do 2 sessions per day.



HIP / KNEE - 63
Plantar Fascia Stretch

Sit with knee straight and towel looped around big toe. Gently pull on towel until a comfortable stretch is felt in toe, bottom of foot and calf.

Hold 30 seconds.
Do 2 sessions per day.



HIP / KNEE - 32
Stretching: Inner Thigh/Groin Stretch

Place heels together and pull feet toward groin until a stretch is felt in groin and inner thigh. Hold 30 seconds.

Repeat 4 times.
Do 2 sessions per day.



HIP / KNEE - 36
Stretching: Tensor Stretch

Cross left leg over the other, then lean to the left, until a stretch is felt over outside of hip. Hold 30 seconds.

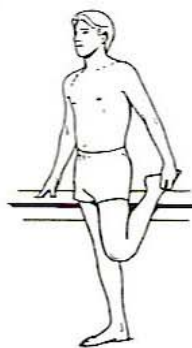
Repeat 4 times.
Do 2 sessions per day.



HIP / KNEE - 37
Stretching: Quadriceps Stretch

Pull heel toward buttock until a stretch is felt in front of thigh.

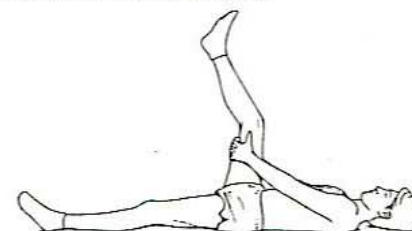
Hold 30 seconds.
Repeat 4 times.
Do 2 sessions per day.



HIP / KNEE - 38
Stretching: Supine Hamstring Stretch

Lying on back and supporting thigh behind knee, slowly straighten knee until a stretch is felt in back of thigh. Hold 30 seconds.

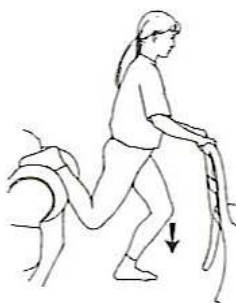
Repeat 4 times. Do 2 sessions per day.



HIP / KNEE - 61
Modified Hip Flexor Stretch

Support knee and lower leg on chair as shown. Use chair in front for balance. Slowly bend stance leg until stretch is felt in thigh of supported leg. Hold 30 seconds.

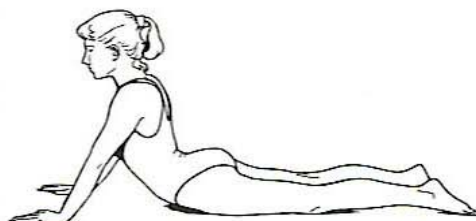
Repeat 4 times per set.
Do 2 sessions per day.



BACK - 2
Press-Up

Press upper body upward into position shown, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 30 seconds.

Repeat 4 times. Do 2 sessions per day.



BACK - 18
Single Knee-to-Chest Stretch

With hand behind one knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 30 seconds. Repeat with other knee.

Repeat 4 times. Do 2 sessions per day.



BACK - 19
Double Knee-to-Chest Stretch



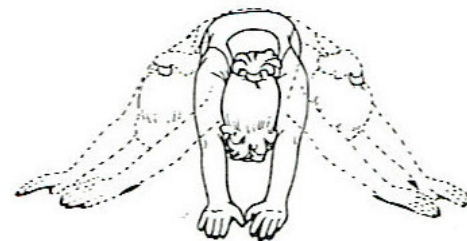
With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 30 seconds.
Repeat 4 times. Do 2 sessions per day.

BACK - 20
Mid-Back Stretch



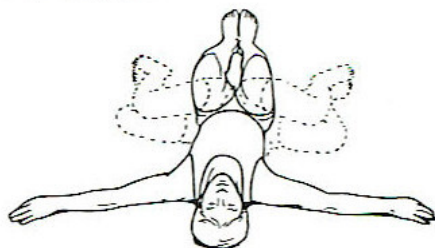
Push chest toward floor, reaching forward as far as possible. Hold 30 seconds.
Repeat 4 times. Do 2 sessions per day.

BACK - 21
Mid-Back Rotation Stretch



Reach to each side as far as you can, keeping chest as low to floor as possible. Hold 30 seconds.
Repeat 4 times each side. Do 2 sessions per day.

BACK - 30
Lower Trunk Rotation



Bring both knees in to chest. Rotate from side to side, keeping knees together and feet off floor. Hold 30 seconds.
Repeat 4 times each side. Do 2 sessions per day.

SHOULDER - 11
Range of Motion Exercises (Self-Stretching Activities):
External Rotation (alternate)

Keep palm of hand against door frame, and elbow bent at 90°. Turn body from fixed hand until a stretch is felt. Hold 30 seconds.



Repeat 4 times.
Do 2 sessions per day.

SHOULDER - 72
Posterior Capsule Stretch

Gently pull on elbow with other hand until a stretch is felt in shoulder. Hold 30 seconds.



Repeat 4 times per set.
Do 2 sessions per day.

SHOULDER - 73
Towel Stretch for Internal Rotation

Pull involved arm up behind back by pulling towel upward with other arm. Hold 30 seconds.



Repeat 4 times per set.
Do 2 sessions per day.

HAND - 13
Wrist Flexor Stretch

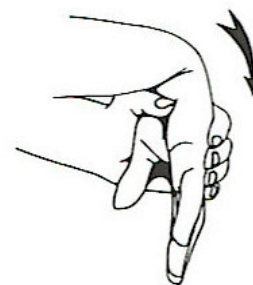
Keeping elbow straight, grasp involved hand and slowly bend wrist backward until a stretch is felt. Hold 30 seconds. Relax.



Repeat 4 times.
Do 2 sessions per day.

HAND - 14
Wrist Extensor Stretch

Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt. Hold 30 seconds. Relax.



Repeat 4 times.
Do 2 sessions per day.